

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 1)

Topic No. A (5)

Topic Name: Wrestling

Lecture No.: 38

Lecture Title

Wrestling Styles

Glossary

Grappling: Engage in a close fight or struggle without weapons; wrestle

Sparring partners: A boxer employed to engage in sparring with another as training.

Brutality: Savage physical violence; great cruelty

Opponents: Someone who competes with or opposes another in a contest, game, or argument

Amateur: A person who engages in a pursuit, especially a sport, on an unpaid basis